

# THE ART OF GIVING AND RECEIVING

SHANTI LINSEN. D.O, D.C, NHA.

## THE ART OF RECEIVING

What prompted me to write this article is that I think I am the happiest person in the world.

You may ask: "Why would he be the happiest person?"

Well, the answer lies in the fact that all day I receive positive vibes from all sorts of sources. When I meet someone, it is always a happy occasion. Negative people do not affect me anymore and do not dwell on their vibes. I like to stay with the positives.

When listening and watching TV for instance, I get lovely feelings from people who smile and are happy. A sports person achieving the almost impossible and then to see his/her feelings after the event. An animal in nature doing its happy things, especially a baby animal just born. All these things make me receive beautiful feelings.

### Giving IS receiving

Receiving is the opposite to giving and is NOT TAKING, but we cannot separate them really. Giving leads to receiving automatically. It is a real art and this art may be difficult for some people to realise or accept, but when giving from the heart, you are yourself receiving a positive message/vibe from the recipient, whom you made happy. That is the feeling I get when I am giving.

The act of receiving a material gift, is done with an open hand. An open hand that wants to and is ready to receive and accept. When we take something, it is always with the palm of the hand down towards the ground, a much more unfriendly gesture.

Receiving negative or positive messages, gifts, thoughts, situations and happenings is something we all encounter every day and they affect us emotionally of course. Unfortunately, there are times when we only seem to receive negative ones. We need to be aware of them and try, as soon as possible, to erase them from our minds. Some people always talk about negative happenings and they are in that state all the time. This is not good. Negative thoughts and situations affect us that way as well. Emotional happenings always affect our physical state of mind and that is why so many people are sick. The cause of their sickness is an emotional one and this is well documented.

Try to be in a positive mind all the time, so you will be well.

Society is sending out very negative ideas and the daily news items are very destroying to our lives. We have to learn to trust people more readily and be positive in our thoughts.

I like to really emphasize on the positive gifts here, the ones we would like to receive regularly and often, as they keep us going. It is the understanding and feeling for others we should be aware of.

Let me start by saying that a material gift is something very special and does not have to be of an expensive nature to be a good gift.

A good gift is the appropriate thought put into the gift we are about to receive.

How often do we receive a gift from someone, who really doesn't know us very well? These gifts are always very affective, because that person who gives at this time, quickly seized up the situation and realised that you needed something NOW, to pick you up

I would like to give you 3 examples of this, something I experienced in my latter years, since I have become more aware of other people's feeling and needs, as I was always so busy working to get what the family needed.

Example 1: I needed a new pair of swimming trunks and walked into a shop near the beach. The lady owner said hello and I asked her for a pair of bathers. When I saw her face and especially her eyes, I realised she was not very happy, in fact she was very sad. I asked her if she was alright and she said: "I am ok." That was to me a sign she was doing it tough and told her that I was a counsellor of sorts and she could talk if she wanted to. She immediately started to cry and told me her whole story.

When I left the shop, I walked around the shopping area and stopped at a gift shop, more by chance than anything. I saw a small trinket, I thought might suit this lady and make her feel a bit better.

I asked the shop assistant to gift-wrap this and I went back to see the unhappy lady. When I returned, she was a bit shocked to see me again and as I put out my hand and said to her: "This is for you.", she said: "What is this?" I told her to open it and see. When she saw the little gift, she was so happy and said she will never forget this beautiful occasion and the gift, just when I needed the attention so much.

She received this small token with love and with the understanding of what a total stranger can do for someone.

Example 2: I needed to go to Centrelink and do some paperwork. As I walked into the office, an elderly lady called me and sat me down at her desk. Immediately I realised that she too was sad. I said to her: "Before we go on with my business, can I help you, because you look so sad.". She started to cry a little and told me that this day was the 2<sup>nd</sup> anniversary of her husband's passing. We talked a bit and went on with the business at hand.

When I left her office, I walked across the street and there was a flower shop.



I called in and bought a **nice bunch of flowers**. I took them over to this lady and she really started to cry and went to the staff room to put the flowers in a vase. I left before she returned.

3 weeks later I had to go back to Centrelink again and as soon as I walked through the door, she got up from her seat and came to greet me. Please come and sit down with me as I want to thank you so much for the lovely thought you had, to give me some flowers, which by the way lasted for over 2 weeks, she said. SHE LOOKED SO DIFFERENT AND HAPPY. She told me too that nobody had ever done anything like this in her entire life.

Example 3: One Saturday morning I was walking around a weekend market as I like doing. I approached a stand, where a younger woman was selling stuff and I saw her face and realised she too was sad. I walked up to her and said that I see unhappiness in your face. Slowly she came across with her problem and after a little while, as we parted, she gave me a lovely thank-you-hug and said she felt so much better for having talked to someone about it. This proved that giving from your heart is also a very wonderful gift. It does NOT have to be a physical gift.

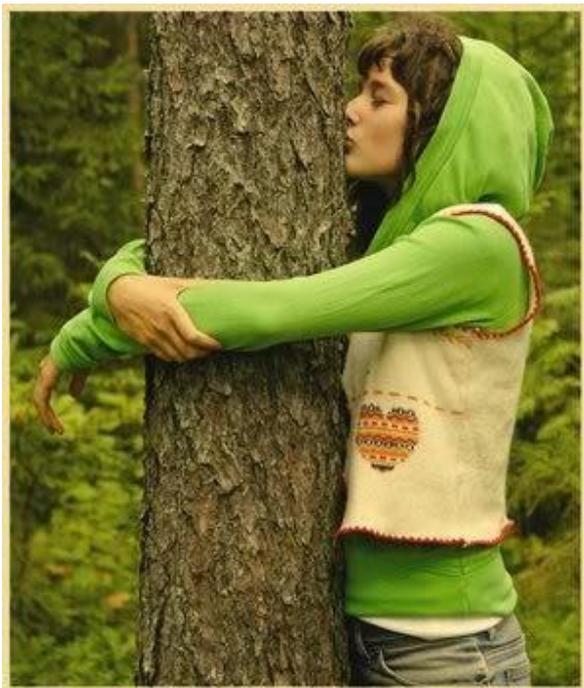
These examples are not about GIVING but RECEIVING. The giving was instantaneous and from the heart, but to be able to receive this message (gift or thought) from a total stranger is always so amazing. These people received the gift with open arms and the feeling of elation shone out of their eyes. The release of the pressure of negative feelings was instantaneous. I am fortunate I can see/feel people's moods and react the way I did as described above. I have never been slapped in the face for being there for those, who are in 'pain' in some way or form.

How good was that hey? I too felt elated of course, being there for them at their critical time of despair. I received a beautiful feeling through giving something "beautiful" to another person.

Our emotions are always touched by a gift, the receiving of something special, a thought from another person or an animal or even a tree. Hugging a tree is very special. Try it, if you are not familiar with doing that and be open to what the tree has to share with you.

Any living thing has the capability to make you happy, as long as you are receptive to that. I am trying to stay with the positive aspects of reception and leave the negatives ones alone as much as possible. We are getting enough of them already.

We often hear about people who love to hug a tree. I am one of them and I have written about that in my book: "Victory over diseases", at a time when a tree



"called me over" and gave me a big hug, something I really needed at that time. Yes, the tree hugged me, while I was hugging it. I felt many arms around me caressing me lovingly for at least 20 minutes.

The gift of receiving from nature, reminds me of the feeling we get when we observe the starry sky at night and see the enormity of the Universe, all those stars lighting the sky a little, enough to make us feel happy.

Another natural item, that is so good to observe is a butterfly, 'fluttering by' so happily and carefree. A flower, an animal, a tree, a river, a mountain, snow on the ground, lightening in the sky, cloud formations and so many more things make us happy because we receive a positive message.



Please make time to be there and see and feel these amazing things.

I just came in from sharing some seed with **a couple of crested pigeons, whom I have befriended**, since I came here. They call me when they arrive with a friendly coo-coo-coo in the afternoon just before sunset and I go out and sit in my chair outside. They get so excited and fly around and land on my head or arm till I am properly seated. Then when I am ready, they eat out of my hand together in peace and gratefully accept my gift of a little extra seed and make little noises of satisfaction. Then

when the seed is gone, they scour the ground for any spilt seed that has landed there, before going home. This is love and they receive with love what I am giving them as a friend of the Earth.

If only all messages could be positive, that would be so amazing, but life is such, that we always need to know the opposite as well. Before we can appreciate the 'positive', we must know the 'negative'.

We know black and white; dark and light; good and bad; hot and cold and so on.

Receiving should always be measured by the thoughts the giver has put into the gift, NOT the monetary value. When we start converting the gift into money, we are on the wrong track. As mentioned above, a hug, a smile, a touch, an embrace, anything like this, can be more valuable than an actual material gift.

Years ago, I was interested in wood turning and made some very interesting items from scrap wood at times. These turnings were not to be sold, but I used them as gifts to those people who would appreciate them as part of me. My heart and soul went into these beautiful creations and by using these as gifts, people felt the emotional value when receiving these. That is so good.

When my wife's grandmother died, who was a beautiful crochet worker, all my wife wanted as a memento to her, was just one of her creations. She was not interested in any of her possessions in the house as they meant little or nothing to her, but a nicely crocheted handkerchief was real value to my wife at the time.

No market value, but the emotional value could never be measured in dollars and cents. Some other relatives, raided the house and took all sorts of paintings and furniture, not even thinking of the beautiful arts grandma created. Strange isn't it, the way some of us go through life, thinking that money is king. Life should be so easy and beautiful, without converting everything into money.

Strangers should be treated like brothers and sisters. I like talking to people and will not use the electronic scanning machines in supermarkets, as they are dead and I am alive and want to speak to the check-out person. Say hello and name them by name. They wear their name tags so we can identify them. They always love to talk to me, as I treat them as brothers or sisters.

When I walk in the street, I always make a point of saying hello to passers-by, but... some people do NOT want to be spoken to and they let you know, by dropping their heads or looking into a different direction. That is fine by me, but they do not realise what I am trying to achieve.

Okay, this is difficult, because we are told you cannot trust anyone these days. There is one man in our street, who will not speak to anyone at all, ever. When he goes shopping, his head is looking down to the ground almost. He just doesn't want to make contact. What a pity, as he is missing out on some real love, people are trying to pass on to him.

Be sure that you can be trusted first and let it be known.

Let us learn to trust one another for it will be beneficial to all of us.

Unfortunately, there are a lot of people in the world, who only think of monetary gain and selfishness. We hear on a daily basis, of people who have been dragged through the courts, because they have done something negative to others. That will always be the case, as long as there are people on this planet. But a lot of people would like to share with them and often forgive them for their wrong-doings and still love them. That is a very special gift!

If the receiver could take that on board, he/she will be a better person for it in the future. That “so-called” bad person would be a good citizen from that moment on and it happens regularly, that these people become real converts and fit well into society afterwards.

In other words, the giving of love from the victim, comes from the deepest part of their heart and if this is accepted by the wrong-doer, he/she WILL definitely become a good citizen again.

Why some of these people are wrong-doers, is that very often they have come in contact with a bad person(s) and find it difficult to ignore the pressure. We must be very strong and have good convictions to ignore PEER PRESSURE. I have written about this also in my book:” Victory over diseases” and given you some examples of peer pressure and how to overcome this. Most of the time we can overcome the peer pressure through negotiations. This may be difficult at times, but sensible and loving discussions can usually overcome the problem. It may be very awkward with people who are very strong minded and who are not willing to give in easily, but reasonable negotiations usually come to a positive conclusion and then you have received a positive gift from a total stranger, who did not know exactly what he/she was doing to you and/or others. It takes an awakening to that person, that he/she was so bad and did the wrong thing.

There should never be a feeling of shame when receiving a gift. It should be unreservedly open and to the heart, without reservations or feeling the need to give in return. In our society we always seem to feel a need to give in return, but that is not right. When we receive a gift, be it a material gift or a thoughtful message, we should only have to say:” Thank you.” showing your appreciation. One day in the future, you may think of that person and if you feel the need, you may give that person a gift of your own; and this time again without reservation, from your heart to his/hers, but most of the time the return giving is done by another person. The whole thing of giving is like a merry-go-round; you give, he gives, that receiver gives and so forth. It does not have to be a return gift back to you from the original recipient. This is so beautiful and warm all the time. Be open to giving and receiving daily.

Age should never be a barrier. I have received some amazing gifts from small children. Sometimes it may be a drawing they did FOR ME, or whatever and also, I have received gifts from the very old, such as a happy thought and consideration, a story or a lesson they wanted to share with me from experience gained throughout their life.



How good is this. **A little boy of about 8 months, who was carried by his mother**, saw me coming towards them in a restaurant. As he spotted me, he locked his eyes onto mine. I started to smile a little and I was so happy, feeling his love. As I came closer, he put his arms out to me and wanted me to hold him. I asked his mother if I could give him a cuddle and she passed him onto me. He played with my necklace to start and switched to my moustache afterwards. He was fascinated with the moustache. I asked the mother if her husband had one, to which she replied in the negative. This was such a beautiful encounter. This little fellow gave me so much love and I was open to receive this with open arms. He made my day. The feeling lasted and lasted and I could hardly think of anything else all day.

Giving should not just be an act of feeling sorry for someone who might be in trouble. Giving is part of receiving and the real value of giving is in the other person receiving, what you intended the gift

to be or do: The gift of positively wanting the other person to feel happy. Oh, the feeling you receive from giving should be so good.

The giving can be direct, in person or from a distance, via mail or whatever.

Over the years, I have been able to make people receive my love and care for them via a phone call or email, but the face-to-face action is always better. A good friend of mine gets herself into emotional strife sometimes and when she does, I always know that there is something wrong with her. She comes to me in thought and this may happen a few times a day over a few days. I then call her and ask her how she feels. Her reply usually is something like: "I'm alright." When she says that, I KNOW something is NOT alright, so I reply: "Now tell me the truth."

Guess what,....she usually has a real story to tell, which can be fairly long and complicated, but in the end, we solve the problem by me telling her that I love her and for her to put the phone down, as I want to give her a big hug. She always does exactly that and feels that I am giving her a hug. After a few moments, she will come back on line and say: "I feel better now Shanti, thank you for caring for me."

She is of course very receptive, something not everyone is aware of, but it proves that we can help people with a lovely thought and this will be received with love in return.

I say here that not everyone is receptive to vibrations of the heart. I actually mean to say that not everyone is open to receive vibrations, since we are all so busy and do not take time out to be quiet and let these vibes come through. We all have the capability to receive thoughts from other sources, but we do not often receive them.

Be still and open up. It is the NOW we must appreciate.

Years ago, when I was travelling around Australia, a lady and I met in the bush and we were both told that we were going to meet each other at a certain time in a place where I was parked and I did not think anybody would ever find me. The power of God/the Universe is so amazing.

We need peace and quiet to receive messages like that. I was on my meditation trip when this happened.

There are times when we can make things happen to others from afar. As I mentioned just above, we have to be very quiet and peaceful and allow others' thoughts to come into our mind. It is so good to meditate and be open to these thoughts from others. There are many times a day, when other people come to mind and that is always when they think about me. These thoughts may only be them thinking about me, or they may be concerned for me. Usually, I respond to the latter and give them a call. Their response is always that they were wondering how I was going, since they had not heard from me for a while, or something similar. It is amazing how many times these messages come to me. Since I am now retired and I am often quiet, I receive them clearly. Almost as clear as a spoken word. If it is not a spoken word, it is a strong feeling of me having to go and see someone, who may be in trouble or needs some attention.

It is such a pity that there are so many negative happenings every day. The world is in a bit of a pickle at present, but I am seeing a silver lining every day. Things are not as black as they were, so to speak.

If we all do a little for peace and love in this place, we will achieve that; guaranteed!

Allow others to come into your life for their love is worthwhile. Just making another friend, is receiving a beautiful gift, something you may not do too often. It is often said:” If you have a handful of true friends in your whole life, you are doing well.” Real friends are hard to find, those who really care for your wellbeing and stand by you through thick and thin. They are the ones who give you love and many gifts through their love for you and you respond in the same manner, receiving these gifts.

Talk to people, make them happy and feel the gifts they give you in return. Their happiness and appreciation. Their acceptance of a new friend maybe.

Much love to you from Shanti.